

BREAKTHROUGH

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HEMI-SYNC BENEFITS CHIROPRACTIC CLIENTS WITH CHRONIC RIGHT/LEFT BRAIN PROBLEMS

by William J. Boro, M.A.T., D.C.

Dr. Boro has been in private practice since 1983 and currently provides services through the Chiropractic Center of Annapolis in Maryland. He has been a member of the Professional Division since February of 1987. Dr. Boro offers this account of his work with chiropractic clients using Hemi-Sync tapes.

A portion of my client population suffers from Chronic Right/Left Brain Problems. Due to the hemispheric balancing nature of the Hemi-Sync technology I have found that use of some of the tapes by these individuals provides a measure of symptom relief. The following is the method I employ to identify and treat this problem using Hemi-Sync:

Identification of Clients with Chronic Right/Left Brain Problems

This method of identification I use is based on one developed by Dr. Walter Schmitt, Jr., D.C., Chapel Hill, North Carolina.

1. With patient lying supine, I test the following muscles for strength: quadriceps of the lower extremity and anterior flexors of the upper arm. These muscles are tested bilaterally and separately to insure that each muscle is strong. (If any of these four muscle groups is not strong, then through chiropractic techniques I strengthen them before continuing to the next phase.)
2. When all four muscle groups are strong individually, I then test the homolateral upper arm and lower extremity muscles simultaneously. Both sides are tested. If simultaneous testing of the homolateral muscles demonstrates weakness, then a Right/Left Brain Problem is suggested.

3. Further confirmation is achieved by retesting the upper lateral muscles which are strong. However, during this follow-up testing the patient is asked to either hum a tune or recite multiplication tables out loud (I recommend that patients do simple childish tunes such as "Row, Row, Row your Boat" or "Happy Birthday" and the simplest multiplication table). If the formerly strong muscles become weak, I take this to be a confirmation of a Right/Left Brain Problem.
4. Treatment will consist of having the patient perform whichever activity (humming or multiplying) which created the weakness while I would then test and correct any structural faults in the patient.

Recommended Treatment Utilizing Hemi-Sync

I generally recommend *The Way of Hemi-Sync* because it contains a clear description of the process as well as an experiential segment, and because I have found it to be the least intrusive. Because only frequency tones and the "phased pink" sound effect are present, the client is more likely to respond to the tape with emotional neutrality.

This allows the client to take advantage of the Hemi-Sync influence without possibly distracting emotional overlay. Additionally, the audibility of Hemi-Sync tones on *The Way of Hemi-Sync* assists the client in being aware that this process operates within the physical body as well as the mind. In some cases I recommend the *Surf* tape.

I give the recommended tape to the client to use as "homework" and suggest that it be listened to once or twice per day at first, and in diminishing frequency as needed. The client is responsible for monitoring his/her own rate of use. I assume the client is using the tape unless I notice a continuation of the level of Right/Left Brain Problems or unless the client reports that s/he is not using the tape.

Evaluation of Effectiveness

Generally I have observed that the Right/Left Brain Problem phenomena are not as apparent as a result of Hemi-Sync intervention. My evaluations are based on verbal responses from the client and from my follow-up testing of the client during subsequent clinical appointments.

Selection of Other Clients for Hemi-Sync Tapes

In addition to clients exhibiting Chronic Right/Left Brain Problems, I have also recommended the use of Hemi-Sync tapes to the following groups of individuals:

- Clients with asthma (before, during, and after an episode);
- Clients who are exhibiting stress-related symptoms;
- Clients who suffer from jet lag.

IMPACT ON PSYCHOTHERAPY: 3 HEMI-SYNC CASE HISTORIES

by
Dwight Eaton, Th.D., Ph.D.
and
James M. Thomas, Ph.D.

Dr. Eaton provides counseling services in his private clinical psychology practice in Honolulu, Hawaii. He recently became aware of the potential of Hemi-Sync as a therapeutic adjunct and joined the Professional Division in February of 1989. A major objective of Dr. Eaton's application of Hemi-Sync is to "assist in the coming-of-age of the psychotherapeutic process." The following case history represents Dr. Eaton's first experience utilizing Hemi-Sync with a therapy client.

Dr. Thomas is a clinical psychologist in private practice in Oklahoma. He has also served as a consultant to the Ponca City School System as their clinician for 16 years, and to various agencies for the state of Oklahoma. A significant portion of his practice deals with executive managers experiencing stress-related symptoms. Dr. Thomas has been a member of the Professional Division since February 1989.

Case 1: Dr. Eaton

Subject: Female; age 34; single; Black/Hawaiian parentage; health service technician; lifelong resident of Oahu, Hawaii.

Subject first presented to me approximately two years ago. Extremely shy and withdrawn. Poor communication skills. Low self-esteem. Some 70 pounds overweight and physically inactive. No hobbies or interests other than her specialty—dental technician of nine years duration. Exhibited repeated negative response to attempts at induction of altered awareness states.

Following standard testing and evaluation, we initiated a program directed toward communication enhancement and institution of adequately functioning self-esteem.

Early therapy focused on her feelings relative to being of half-Black heritage. Subject held this to be the cause of her lifelong shame and embarrassment. Working on this forum in relation to her attitudes dealing with social isolation, nonparticipation and communication, some significant progress was

experienced over the next several months.

Progress with subject was both tentative and time-consuming. However, her interest remained positive and steady. Approximately six to nine months into therapy, subject voluntarily disclosed experiencing, by choice, an ITOP (abortion) some nine years previous, the culmination of her single serious sexual involvement. Since then she has elected to live alone, not date, declares no interest in either sex and has let her gross weight serve as a nonstated deterrent to invitation.

Subsequent to this latest disclosure, rapid progress was made in the area of guilt reduction stemming from her conviction of having had willfully "murdered" a helpless human being. This served to bring about a marked change in the area of ego identification.

Over the next several months, subject's weight began to drop, skill at voluntary communication was markedly enhanced and evidences of steadily increasing social involvement were indicated.

From then until the present, positive change has been slow but cognizable and functional. However, during the entire course of our time together, subject has been relatively nonresponsive to any number of hypnosis or allied techniques intended to enhance the visualization function.

A number of weeks ago I learned of Robert A. Monroe and The Monroe Institute. I purchased and read a copy of *Far Journeys*. Since then there has been an interesting flow of communication between the Institute and myself. Recently I submitted an application to work with this fantastic group. And, fortunately, was accepted. The Hemi-Sync Synthesizer is here...hooked up...and functioning beautifully.

The subject of this report offered my first opportunity to use Hemi-Sync as the only *modus operandi*. Details follow.

On this date, 3/16/89, upon entering, subject was made aware of my intended employment of the Hemi-Sync function. Following her approval she was seated in a recliner and moved to a semi-erect position. Prior to the placement of the headphones, her only instructions were to lie comfortably, arms and legs uncrossed, close the eyes and take a series of deep breaths. Just let the mind wander and experience...whatever you experience. Give yourself permission to store whatever you experience so that you can recall it at will.

With headphones in place (I employed a second set during the initial few minutes), we did the following:

First 5 minutes Ocean setting
Second 5 minutes Delta setting
30 minutes Beta/Theta setting

At the termination of the 40 minutes, the Hemi-Sync was turned off and the headphones lifted away after the subject opened her eyes.

She lay quietly for several minutes—eyes wide and looking about as one just awakened from a restful sleep. She lifted both hands and arms, looking at them curiously as she slowly moved them up and down, smiling broadly.

When I inquired as to this action, she stated that she had been floating for so long it was hard to believe that she was still in the chair. She stated she felt so very good, physically. When I made mention of the possible length of time she had been in this condition, she stated, "Oh...just a few minutes, I guess." When informed that 40 minutes had elapsed, she was obviously surprised.

I inquired as to whether or not there was anything she wished to share with me. Following, in abbreviated form, is the story that poured from a subject having had such a difficult time with communication and constructive visualization.

She experienced a series of what she called little dreams. Seven of them, in fact. Each seemingly disconnected and disassociated. Until the advent of the seventh dream wherein she was able to make viable connections. From the wellspring of herself she made the following conclusions:

"I guess I've been playing a lot of games...at some time you have to stop being the spectator and become a participant...you can't just stay in the sand and watch...and those awful colors that meant anger and negativity...I used to like being by myself...but that's so lonely...with nobody around...that gets so boring...and those hostile and angry soldiers...just like me...and that troubled old lady on the road...and I became that troubled old lady...and the rape...you have to get on the right path to go where you want to go...have to take it by force, if necessary...and that awful hard, bright jolt at the end...and I saw how unforgiving I've been...to others and to myself...and what it's cost me...I've been so angry and stupid."

We spent the next half hour or so talking and reviewing. Both of us are quite pleased with this initial effort.

Two years with a most difficult subject. Or...a counselor who failed in finding the correct combination for this particular subject. And along came Hemi-Sync. On one hand we have a subject patently nonamenable to an extensive "bag of tricks" acquired over a third of a century. On the other, Hemi-Sync and a one-time exposure. The results tend to be startling.

Case 2:

Dr. Thomas

A patient in my private practice is in an upper-management position and is responsible for the management of over 75 people. This requires long hours, evening work, and being virtually "on call" 24 hours a day, 7 days a week. After approximately six years of this constant regime, he began using large amounts of alcohol to relieve the stress and to "get away from it all." This cycle of stress and self-medication with alcohol began to take its toll and after several near-death experiences, he became a patient of mine.

The initial concern was for the immediate cessation of the alcohol abuse cycle. He was cooperative and willing to use a

substitute for the alcohol as long as it would provide "some relief." The patient was also complaining of headaches, loss of sleep, inability to concentrate and completing a train of thought on a project, and a general feeling of helplessness and being overwhelmed. In conjunction with several sessions I prescribed, initially, the use of the *Concentration* tape. This tape was used first as an adjunct to therapy. The client was given instructions to sit or recline in an easy chair and do nothing except listen to the tape. This routine was followed for about one week and was performed every day in the evening hours with complete silence. He reported a greater ability to concentrate at work and that he was "feeling better." The next week I instructed the client to utilize the tape with a headset while working on a project. He reported that for the first time in many months he was able to start a project, stay with it, and complete it, even with interruptions. I observed that his demeanor was much improved and that he was quickly beginning to deal with the issues of work contently for the first time in many months.

The client also told me that he no longer needed to use the tape on a daily basis, that it seemed to "realign my thinking" and that he only felt the need to use the tape occasionally and for short periods of time when wanting to get "back in the groove" after an extended weekend. At this time, I also observed that the client was quickly falling back into the workaholic cycle and potential self-abuse. He was aware of this and wanted to remain alcohol-free and to become involved with a program of relieving stress without chemicals. I introduced him to the *Introduction to Focus 10 (Discovery 2)* tape and he began to use it on a daily basis during his lunch hour. This was later replaced, after approximately one week, with the *Catnapper* tape. Prior to the use of the *Introduction to Focus 10* tape, the patient reported that, in the afternoon, he felt agitated and tired easily. When arriving home in the evenings, he was short-tempered and irritable. He reports that he has a feeling of "just arriving at work" after returning from the use of the tape.

I continue to see this individual at his workplace and observe him to be calmer and more efficient with his supervision of personnel and completion of tasks. He has been given the additional supervision of several other departments and projects and has approached and completed these projects without any observed adverse side effects. His spouse reports that she "can tell when he has listened to the tapes" and reports that if he has not been able to that day, she asks him to take time and listen to them when he comes home from work. The patient has been using the *Catnapper* on a daily basis for over a year now and reports improved temperament and no use of alcohol.

Case 3: Dr. Thomas

I have been working with a particular client who has been teaching for the past 16 years as an elementary educator. She is 37 years of age and has a two-year-old son. She came to me complaining that a week before school started, and particularly the night before school started, she was having "severe cramps, headache, diarrhea, nausea and vomiting." She believed that it was just her "nerves" and that she wanted some help in alleviating these problems which had been occurring for the past 16 years, always one week before the start of school.

In conjunction with the use of imagery and positive suggestion, I asked her to listen to the *Concentration* tape for 45 minutes each day for approximately three days prior to the beginning of the first day of school. Her symptoms were alleviated. On the day before school started, she became very anxious and asked for something "more than this particular tape with 'words' on it." She was given the *Catnapper* tape and listened to it the night before school. The next day she reported to me that all of her symptoms were alleviated. She was amazed that for the first time she did not have diarrhea or the other symptoms she had experienced for the last 16 years.

At the beginning of this school year (1988-89), she called me and I instructed her to use the *Catnapper* tape once in my office and before retiring that night. She reported to me that her symptoms were not present. At a follow-up meeting thirty days later, she was reporting no recurring symptoms.



THE USE OF HEMI-SYNC TAPES FOR DENTAL WORK: A PERSONAL ACCOUNT

by Eileen Carda

Eileen Carda, a Sustaining Member of TMI since 1987, submitted this report describing her experiences using Hemi-Sync with major dental work from the patient's perspective.

The following is a report of my use of Hemi-Sync in connection with some major dental work I have had performed in the last year. I currently have four finished dental crowns, one on each last back tooth. The first one I had done traditionally, using the anesthetic commonly administered. The other three, worked on separately over a year, were completely without the use of any type of anesthetic, topically or otherwise. I did, however, use Hemi-Sync, specifically the *Pain Control* tape on the second and third, and the *Open Exercise* tape for the fourth.

At the time of the second crown, I had been using the *Pain Control* tape primarily to fall sleep, and for experiments in healing other maladies. I had also completed a short class in self-hypnosis. I wanted to try hypnosis on the dental work, though I was not confident it would work. Since I have many fillings, and had already had one crown done, I knew what the anesthetic effect felt like, as well as the later accompanying stiffness, etc., from the shots. I was anxious to see if I could dispense with the medication, as I always felt nauseated from using it. When I expressed my fears to the hypnosis teacher, he basically told me . . . if it works for other people, what makes you think it won't work for you?

The day of the appointment for the second crown, I showed up with the hypnosis techniques the teacher had given me, and my Sony Walkman, with my *Pain Control* tape as a backup. I told my dentist I wanted to try the hypnosis and not have any anesthesia. His first reaction was surprise and a shocked, "No! Don't you know there are a lot of exposed nerves, gum manipulation, and major drilling involved?" I said I remembered, but I wanted to try this even if I were nervous. He told me to sit in the chair and do my thing. At this appointment, I was also to have a filling redone on the same row of teeth as the crown, and also to have a cleaning. (I wanted to get everything over with in one appointment.)

I sat in the dental chair and began to play the *Pain Control* tape through my headphones. During the beginning of the tape I gave myself the hypnosis suggestions of (1) Everything in my mouth the dentist was working on would be numb for two hours,

and afterwards I would not be aware of pain from the worked-on tooth, and that it would heal quickly. (2) That I would not fall asleep during the procedure and that I would be able to respond to whatever directions the dentist would give me. (3) That I would automatically recognize and reject anything negative that was said or implied.

The verbal guidance tape reached the count of 20 before the dentist came in to work on me. Just before that I felt myself spiral out and around similar to a dizzy feeling, almost like the state of an OBE out-of-body experience. I recognized it as such and the spiral stopped, though I felt quite deep in the tape.

The dentist began to work and drill on the tooth, not saying anything except to whisper to his assistant that I had not had any anesthetic. I could feel the drilling and the sensations of the work, but no shooting pains or anything that registered as pain. He even stopped and said he would have to perform some electrosurgery on the gum, that most patients at this point were given another shot, and would I now like a shot? I dumbly shook my head no, and he continued. I could feel the touch of the instruments to the skin, but again, nothing that felt like pain. The dentist wasn't saying a word throughout the procedure. He finished packing and capping it with the temporary crown. Then he said he was ready to redo the other filling, that the tape had ended and did I need to do anything. Again, I just shook my head no, and he proceeded to fill the other tooth. Same reaction. He finished. I went out to put money in the meter by my car, returned and went to the bathroom before the cleaning. I noticed the pupils of my eyes were quite dilated.

The cleaning necessitated taking x-rays. I remember the bitewings that were used did not bother me this time as in the past.

Later that day, hours after the work was done, the side with the crown and filling felt as if no work had been done at all on them. On the opposite side, on the roof, I was noticing a pain, and when I looked in my mouth, I realized I had inadvertently cut myself on one of the bitewings of the x-rays—the only casualty of the procedure.

Two weeks later, I returned for the permanent crown and did no preparation and had no medication. I certainly felt the sensitivity of the exposed tooth before it was finished. I knew the nerves were still intact! The dentist was extremely interested in the fact I had gone through it all without once wincing. We spoke about the power of the brain, etc. He did not question me much about the methods.

It was discovered that the third and fourth crowns were needed after the next six-month follow-up. For the third crown, I again used the *Pain Control* tape with the suggestions. This time I did feel pain sensation, but seemed to have a sort of control over the body, and did not feel the pains were severe enough to wince. The dentist was talking throughout with the assistant, and I remember feeling distracted in the process. I felt I was not nearly as "out of it" as with the first experience. When the permanent crown was affixed two weeks later, I again

underwent the procedure without any preparation. I felt more acutely the potential pain of the exposed tooth than while it actually was being prepared.

When the fourth crown was about to be done, I thought I'd use something I felt was "stronger" than the *Pain Control* tape, so I experimented with the *Open Exercise* tape. I asked the dentist not to talk a lot during the procedure, and used the same hypnosis suggestions as earlier. I was very nervous this time, but felt myself get into the tape more so than with the third crown experience, but not as deeply as with the second crown. I felt only occasional moments of the shooting pain sensation, but not uncontrollably enough to wince. Again, electrosurgery was performed and I felt only the sensation of the instrument touching the skin, but not anything that would be called pain. I felt no pain sensation with the packing or with the creation of the impressions. During the week before the permanent crown was affixed, I did notice a pressure sensitivity to the tooth, as well as an accompanying soreness of the electrosurgery areas (this was not apparent in the two hours of the procedure). The exposed tooth was extremely sensitive, more so than the previous ones, as the permanent crown was being fitted.

It is my firm belief that Hemi-Sync is extremely effective as a pain control technique during such surgery. In all three cases, I applied the hypnosis suggestions for the permanent crown settings without using the tape, and I felt every twinge.

The dental assistant asked me about the tapes. I had brought the *Pain Control* tape with me in case the *Open Exercise* tape didn't work, and let her borrow it for a while. She later reported that it helped her relax as well as fall asleep after exhausting days at work when she normally had difficulty.

CLASSIFIEDS

RESEARCH PROJECT NETWORKING: We are undertaking a project to discover how to reprogram the emotional response to disease. If you have ideas or contacts, please call or write Frank or Jeanne Bahnson, 111 E. Lupita Road, Santa Fe, NM 87501, 505/986-1104.

WANT TO BUY: Hemi-Sync Synthesizer Model 201B. Contact Jim Slone, 3933 Boston Road, Lexington, KY 40514, 606/223-2337.

WANT TO BUY, RENT OR BORROW • URGENT •: 201B Hemi-Sync Synthesizer. Contact: Cary Delano, Route 4, Box 60, Pittsboro, NC 27312, 800/451-2562 ASAP.

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